

February 16, 2006

Commissioner hosting regional obesity summits

By Keylee Wright, Field PIO

To follow up on what began at the 2005 Health Summit: Obesity Prevention, State Health Commissioner Judith A. Monroe, M.D. is traveling around the state to host 10 regional meetings on finding community-based solutions to obesity prevention in Indiana.

The kick-off meeting was held Monday, November 14, 2005, at the Bedford Regional Medical Center. Approximately 25 representatives from related disciplines participated in a lively and informative two-hour discussion facilitated by Dr. Monroe. Attendees shared some local best practices and inquired about how to integrate INShape Indiana into their local obesity prevention efforts.

Dr. Monroe generated the same type of participation and enthusiasm when she traveled to Muncie Tuesday, December 20, 2005, for the second follow-up meeting. The



State Health Commissioner Judith A. Monroe, M.D. talks to Decatur County Local Public Health Coordinator Pam Blasdel during the regional obesity summit in Madison on January 12. (Photo by John Sodrel)

meeting was held at Ball Memorial Hospital, and hosted close to 40 attendees. On January 5, 2006 Dr. Monroe visited the South Bend area, and on January 12, 2006 she hosted a meeting at the Jefferson

County Health Department in Madison.

Those in attendance shared local success stories, and graciously ac-

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Hurricane Relief-Hoosier Style

By Samata Kodolilar, MPH,
Senior Analyst,
ASTHO Preparedness Policy

The entire country felt Hurricane Katrina's impact; fittingly, volunteers from across the nation aided in the Gulf region's recovery efforts. On August 31, 2005, Mississippi's governor formally requested aid from the state of Indiana through the Emergency Management Assistance Compact (EMAC), in the form of a "self-sustaining task force comprised of 80 law enforcement, 35 water rescue, 5-12

mental health workers, 2-10 forestry crews, and a 24-member medical team." The next day, the Indiana Department of Homeland Security initiated its response to the EMAC request and Operation Hoosier Relief began, and on September 3, Indiana deployed its task force, which was ultimately stationed in Biloxi, Mississippi. Supported by the Indiana National Guard and Indiana State Police, the task force established a base camp in a large parking area. Over the next six weeks, Indiana deployed 79 medical personnel to Mississippi and treated more

than 10,000 people.

"The prompt response of our state department of health's staff, the cooperation of our volunteers, and the years of planning, collaborating, and exercising made it possible for Indiana to lend a helping hand to our sister state, Mississippi, in its time of need," said Judith Monroe, MD, State Health Commissioner, Indiana State Department of Health.

Post Katrina, Indiana task force members and other response staff are developing a comprehensive "Af-

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Wellness Council planning variety of events

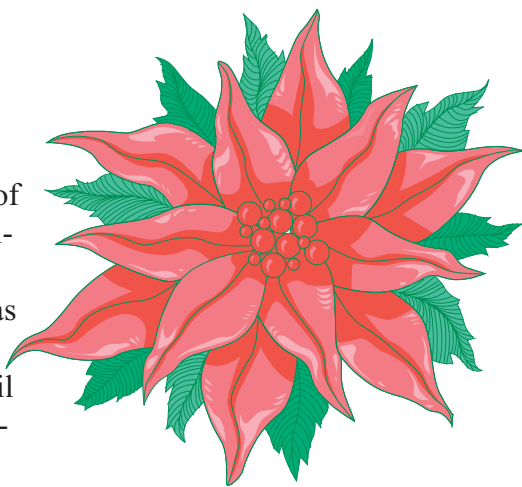
By Tanya Parrish,
INShape Indiana Director

The Wellness Council, which promotes and provides wellness activities for employees, has been very busy hosting a variety of events to promote health and wellness.

One of the recent highlights was the Year End Party, which was organized by the Wellness Council and the Employee Incentive Committee.

Several new wellness-related components were added to this popular end-of-the-year social event.

Health displays provided tips on nutrition, physical activity, safety, and stress reduction related to the holidays and the winter months. Several ISDH staff members contributed tasty and nutritious food



items as part of the first Taste of Wellness Contest...and everyone enjoyed these culinary delights!

Many attendees left the party with some nice prizes after spending their wellness bucks in the first Wellness Store.

Everyone was also able to enjoy

the live music performed by Joel Connor and Robert Scott and view the slideshow of ISDH activities in 2005, which was created by Dan Axler.

Upcoming wellness activities include more fitness sessions (some with live instructors!), various health-related lunch and learns, and an exciting new six-week program, Passport to Health, combining the fun of travel with healthy nutrition and fitness goals.

Look for many new and exciting wellness activities in 2006 as the wellness council strives to make wellness fun and ISDH does its part to help Indiana get INShape.

For more information on the Wellness Council or its activities, contact Tanya Parrish, at tparrish@isdh.in.gov.

Five receive PMP certification

By Robyn Porter, Supervisor, ITS

Five members of Information Technology Services have received Project Management Professional (PMP) certification from the Project Management Institute (PMI). Waseem Ahmad, Sandra Webb, Allen Jackson, Joe Shierling, and Robyn Porter passed the four-hour exam in September. To be eligible for a PMP Credential, candidates provide detail on a minimum of 4,500 hours practical project management experience as well as 35 hours of Project Management education. Upon application approval, computer-based exams are administered at local test centers. The 200 questions presented at the exam are randomly selected from a database of 1,000 questions. People sitting side-by-side at the test center taking the same exam do not receive the same questions.

The rigorous exam assesses knowledge of project management areas including initiating, planning, executing, monitoring and control, as well as closing. Professional and social responsibility is an important aspect of the PMP certification, and questions related to the PMP Code of Professional Conduct are included on the exam. In order to maintain their certification, PMPs are required to continue Project Management education and register credits with PMI. Credits may be obtained by completing project management training offered by various training vendors or formal academic education, speaking at project management events, authoring papers and textbooks, or serving as an officer in a PMI local chapter. While the five people who recently passed the exam are all from the Information Technology area, the PMP designation is not just about IT projects. Individuals with the PMP qualification are capable of managing any type of project work required by their organization. A project is defined as a temporary endeavor undertaken to create a unique product or service. For more information, visit www.pmi.org or visit the PMI Central Indiana Chapter at www.pmicic.org.

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ISDH *Express*, Office of Public Affairs,
2 N. Meridian St., Section 6G,
Indianapolis, IN 46204-3003.

Julie Fletcher, Editor
jfletche@isdh.in.gov

Judith A. Monroe, M.D., State Health Commissioner
Sue Uhl, Deputy State Health Commissioner
TJ Lightle, Director, Office of Public Affairs

Field PIO helps after tornadoes

Editor's note: Field Public Information Officer Kim Wilkerson assisted the Indiana Department of Homeland Security and Federal Emergency Management Agency during the days following tornadoes hitting the Evansville area last November. Below is the account of her experience in her own words.

By Kim Wilkerson, Field PIO

I was excited to work with the Indiana Department of Homeland Security (IDHS) and Federal Emergency Management Agency (FEMA) after the November 6, 2005 tornado in the Evansville area.

The tornado, which touched down in Vanderburgh and Warlick counties, killed 25 people and damaged hundreds of homes. President George W. Bush issued a disaster declaration for the two counties on November 8.

FEMA established two Joint Field Offices (JFO) to provide federal assistance to the public. The JFO included state and federal representatives, working together to assess the damage

and make the necessary requests for funding.

I represented the state in the public affairs department, when IDHS public affairs representatives had to be in Indianapolis for other emergencies.

I had the opportunity to lead the federal officials on tours of the affected areas. I was also in the office when Governor Mitch Daniels visited.

I helped with media as they waited for the Governor's press conference. I also helped the FEMA public affairs staff by proof-reading press releases.

I learned many lessons about how the federal emergency response plans work and the importance of implementing those plans quickly to help meet the need of those affected.



Kim Wilkerson

News to Note

State Health Commissioner Judith A. Monore, M.D. was featured in the January issue of *Indianapolis Woman*. For a copy of the article, please contact Julie Fletcher, OPA, jfletche@isdh.in.gov

The Indiana State Department of Health has a **new logo!** Please use this logo in all ISDH communications and marketing



**Indiana State
Department of Health**

materials. In the near future, the logo will be available in the Intranet's Media Room. Contact OPA with questions.

The ISDH and Vigo County Health Department hosted a **pandemic influenza exercise** at the Vigo County Fairgrounds on

Thursday, January 26. Future exercises are also planned in Henry and Madison counties.

HR implements Performance Management System

The Indiana State Department of Health (ISDH) implemented the Performance Management System, which became effective on January 1, 2006. This system is being utilized to develop and improve performance through a clear understanding of the agency goals, mission, and vision. Importance should be placed on it by employees and supervisors and the impact it will have on possible rewards (pay for performance). We encourage joint participation between supervisors and employees to make this process fair and objective.

During October and December, several training sessions were conducted for supervisors to educate them on conducting the new performance management process, in order to bring about consistency in the evaluation process throughout the agency. Plans have been made to provide an overview of the performance management system and introduce all employees to the new process between January 23 and February 3 in employee communication meetings with Division Directors and Assistant Commissioners. This will also allow employees to present any questions they may have. Information on scheduling will be provided by their Division Director or Assistant Commissioner. Everyone should receive updated job descriptions and work performance plans by March 2006.

There is an ICON available on the ISDH Intranet to readily access Implementation Timelines, ISDH General Factors and Forms,

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STAR AWARDS

State Health Commissioner Judith A. Monroe, M.D. presented the 2005 Fall STAR Awards in December. The awards recognize outstanding employees for **S**ervice, **T**eamwork, **A**ttitude & **R**espect.

Matthew Barnes, Administrative Services, received the Labor, Trades, and Crafts category STAR award. Matthew was honored for his positive manner, and how he is “truly glad to help when needed and as soon as needed.” He was also applauded because “he is always respectful of what people say they need, and does his best to accommodate.”

Thomas Hinkle, Finance, was presented with the STAR Award for the professional, administrative, and technological category. Thomas was nominated for demonstrating a positive attitude all the time, and for being a great team player. He also was recognized for showing leadership in helping train new employees.

Darlene Earls, Acute Care, was nominated for “cleaning up” the Home Health Division, including the files and forms. Darlene was applauded for being a team player, for being organized, patient and very easy to work with. One nominee said, “there is nothing that Darlene Earls could not or would not do to make our department an efficient, organized, and well-run department.”

CONGRATULATIONS!



Matthew Barnes



Thomas Hinkle



Darlene Earls

Local health officer presented with award



State Health Commissioner Judith A. Monroe, M.D. presented Thomas Petry M.D., health officer for the Carroll County Health Department, with the Distinguished Hoosier Award on behalf of Governor Mitch Daniels, on December 2, 2005. After 49 years of service, Dr. Petry retired at the end of the year. Shown here (left to right) at the reception in Carroll County, is State Representative Sheila Klinker, Dr. Petry, and Dr. Monroe. (Photo by Daniel Axler).

Go **RED!** in February

Thousands of Americans will help women fight heart disease when they participate in the third year of the American Heart Association's Go Red For Women initiative in February.

The theme for this year's event is "Love Your Heart." The American Heart Association is asking women to take a moment daily to place your hands over your heart, breathe deeply, think about your heart beat and what it means to you and make a promise to be heart healthy.

Go Red For Women began in February 2004 to raise awareness that heart disease is the number one killer of women. One out of three women die from heart disease, stroke and other cardiovascular diseases, which is nearly 500,000 per year. More women die of cardiovascular disease than the next six causes of death combined, including all cancers.

Millions of women have added Go Red symbols to their wardrobe, including the red dress pin and the color red. The Red Dress symbol is a reminder of the strength we have as women to collectively fight heart disease.

The campaign provides women tips and information on healthy eating, exercise, and risk factor reduction, such as smoking cessation, weight maintenance, blood pressure control, and blood cholesterol management. You can become a part of the Go Red For Women movement and join the fight against heart disease by visiting GoRedForWomen.org or calling 1-888-MY-HEART.

First Lady Cheri Daniels, and the Indiana State Department of Health's Office of Women's Health is supporting women's heart health. Mrs. Daniels is hosting a "Heart to Heart" pledge on her Web site at <http://www.in.gov/gov/first-lady/pledge.html>.

Take the pledge to live heart healthy and support the women you love!

For more information, contact Jaime Haak, Office of Women's Health, at jhaak@isdh.in.gov.



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Source: American Heart Association

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ter Action Report” detailing lessons learned. However, following Indiana’s initial deployment, staff offered some early observations on Operation Hoosier Relief:

1) Recognize that all-hazards preparedness funding and planning are a necessity. Federal public health preparedness funds and comprehensive disaster response planning activities made it possible for the Indiana Department of Health to quickly assemble an appropriate group to implement its hurricane response plan and deploy a self-sustaining task force. The Department has taken an all-hazards approach to preparedness planning. Had Indiana allocated resources based solely on threat assessments and risk, Operation Hoosier Relief may not have gone so smoothly. Indiana’s response was also reinforced by mutual aid from state partners. The agencies’ prior collaboration on preparedness activities enabled swift planning for potential emergencies. Indiana’s advance preparation was key to its quick training and equipment of response personnel during the actual response and recovery.

2) Prepare to adjust to a new situation. Being deployed with other disciplines left both healthcare personnel and traditional responders in culture shock. Both groups were familiar with the basics of Incident Command Systems and National Incident Management Systems, but the differences between “response” and “recovery” were unclear prior to the event. Additionally, Indiana’s healthcare personnel were not fully familiar with the formal, military-style structure of an ICS. Indiana is currently developing ways to avoid this information gap for the future. Preparedness staff may decide to pre-identify teams for deployment in or outside the state and then educate and exercise them together.

3) Develop a mechanism to deploy private sector assets.

Indiana used a Governor’s Executive Order to deputize local and private sector individuals as state employees. They now believe a pre-developed comprehensive statute would have been more effective. Although very little time was lost in developing the Executive Order, Indiana staff dedicated countless hours to

answering questions about the process during and after deployment.

4) Have a shadow in every meeting. While the individual leads in Indiana were working to implement Operations Hoosier Relief, they had little time to capture their work for future guidance. In hindsight, the health department determined that an additional staff member should be part of these activities to observe and to provide status reports, respond to surveys, and be generally available for questions and follow-up.

While Indiana was not alone in donating its services to the hurricane response, the state pulled together an impressive and effective task force that donated a notable level of support to Mississippi. More importantly, the lessons learned from Indiana’s experience can serve as guidance for others who lend aid in the public health relief missions that lie ahead.

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cepted Dr. Monroe’s challenge to tackle the issue of obesity. Many left the meeting saying they were ready to take action in their communities.

Dr. Monroe challenges public health officials to tackle the issue of obesity prevention at the local level by developing or strengthening county coalitions and reaching out to other disciplines such as colleges/universities, media, worksites, government, food/bever-

age industry, healthcare providers, schools, and families.

No county-wide program in Delaware County tackles obesity, but “after attending today’s talk, we’ll be looking into that,” said Bob Jones, the Delaware County Health Department Administrator.

“We know that there are a lot of local initiatives, and we know that people want to take ownership of their initiative,” Dr. Monroe said. “Everyone has the opportunity to

step up to the plate and be a leader. We hope that INShape Indiana will serve as a clearinghouse, where all these programs will be linked.”

Upcoming meetings are scheduled for March 13 in District 3, March 27 in District 10, May 15 in District 7, May 24 in District 5, June 12 in District 1, and July 10 in District 4. For more information regarding the obesity follow-up meetings or INShape Indiana, visit www.INShape.IN.gov.

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and review Frequently-Asked Questions (FAQ). At a later date, Work Profile Performance Plans will also be available on the Intranet. Quarterly training

sessions will be scheduled for supervisors and managers to learn or receive a refresher for their part of the new process. Updates will be communicated via e-mail. If

employees have any questions, they may contact Ella Yeakey at (317) 233-7522 and Roberta Denman (317) 233-7518 with the Employee Relations Division.